

## Session 10

### Brilliant bread

#### Session overview:

The aim of this session is to help children understand that bread is eaten all over the world in different forms. The main activity, 'Have a go', involves children making their own bread and developing their kneading and shaping skills.



Healthy eating messages	Cooking focus
There are many different types of bread. Bread is a healthy food that fills us up.	Help sieve and stir. Knead. Shape.

#### Listen and respond

Prepare the ingredients and equipment in advance. What you will need is listed on the Bread recipe. You will need to consider how best to run the session as the bread dough will need to rise for at least 30 minutes before it is baked. Bring in some examples of different types of bread, e.g. sliced, unsliced, rolls, brown, white, soda, chapatti, baguette, bagel, pitta.

Explain to the children that you will be doing some work on bread. Question them:

- What types of bread have you eaten?
- What is your favourite type of bread?
- What do you eat with bread?

Explain that there are lots of different types of bread. People all over the world eat bread. Show the children different examples and talk about where they come from, e.g. soda bread from Ireland, chapattis from India. Look at where the different countries are on a world map. Talk about how different breads are eaten, e.g. as a sandwich, with curry, toasted. Ask the children about the sorts of bread they like to eat.

Let the children handle some of the bread and talk about the different textures, shapes and smells, e.g. round, rough, speckled, grainy.

Talk about the basic bread ingredients used and how it is made. Explain that bread is another healthy food, like pasta, which keeps us feeling full so we can work and play without feeling hungry. It is a good idea to have food like bread (starchy food) to eat everyday. You could have it for breakfast, lunch or your evening meal.

**Have a go**

Organise the children into groups of 4. Each group can take turns to work with an adult to make bread. Make sure all the children are ready to cook. Allow the children to help with different parts of assembling the dough, e.g. sieve the flour, stir in the yeast, make a well in the flour. When the dough has been made, divide it into 4 pieces and show the children how to knead. Then allow the children to shape their piece of dough. You can make a hedgehog roll by shaping the dough into a ball and then snipping at the dough to create spikes. When the children have shaped their rolls, explain they have to be left to rise before they can be baked. Show the children their rolls once they have risen and question them about what they notice. When the rolls have been cooked, let the children taste them.

**Consolidate**

Cut out and laminate the bread dominoes. Be careful only to cut along the thick lines. Turn face down, shuffle and deal out 4 to each player. Decide the order in which the players will go. The first player should place a domino face up in the middle. The next player can place one of their dominoes if they have one which matches the image on either end of the first domino. If not, they miss their go. The players continue to place their dominoes if they can match an image on either end of the line. The first player to get rid of all their dominoes is the winner. The breads are: pitta, bagel, baguette and sliced brown.

**At home**

Make a copy of the 'At home' sheet for each of the children. Explain to the children what the letter says.

**Pre 3**

- Allow the children to handle the dough and create their own shapes.
- Allow the children to taste the cooked bread when it is cool enough.

# Brilliant bread

## Ingredients

250g strong flour  
1 x 5ml spoon salt  
7g pack fast action dried yeast  
150ml warm water



## Equipment

Baking tray - greased, sieve, mixing bowl, weighing scales, measuring jug, measuring spoons, flour dredger, oven gloves and cooling rack.

## Method

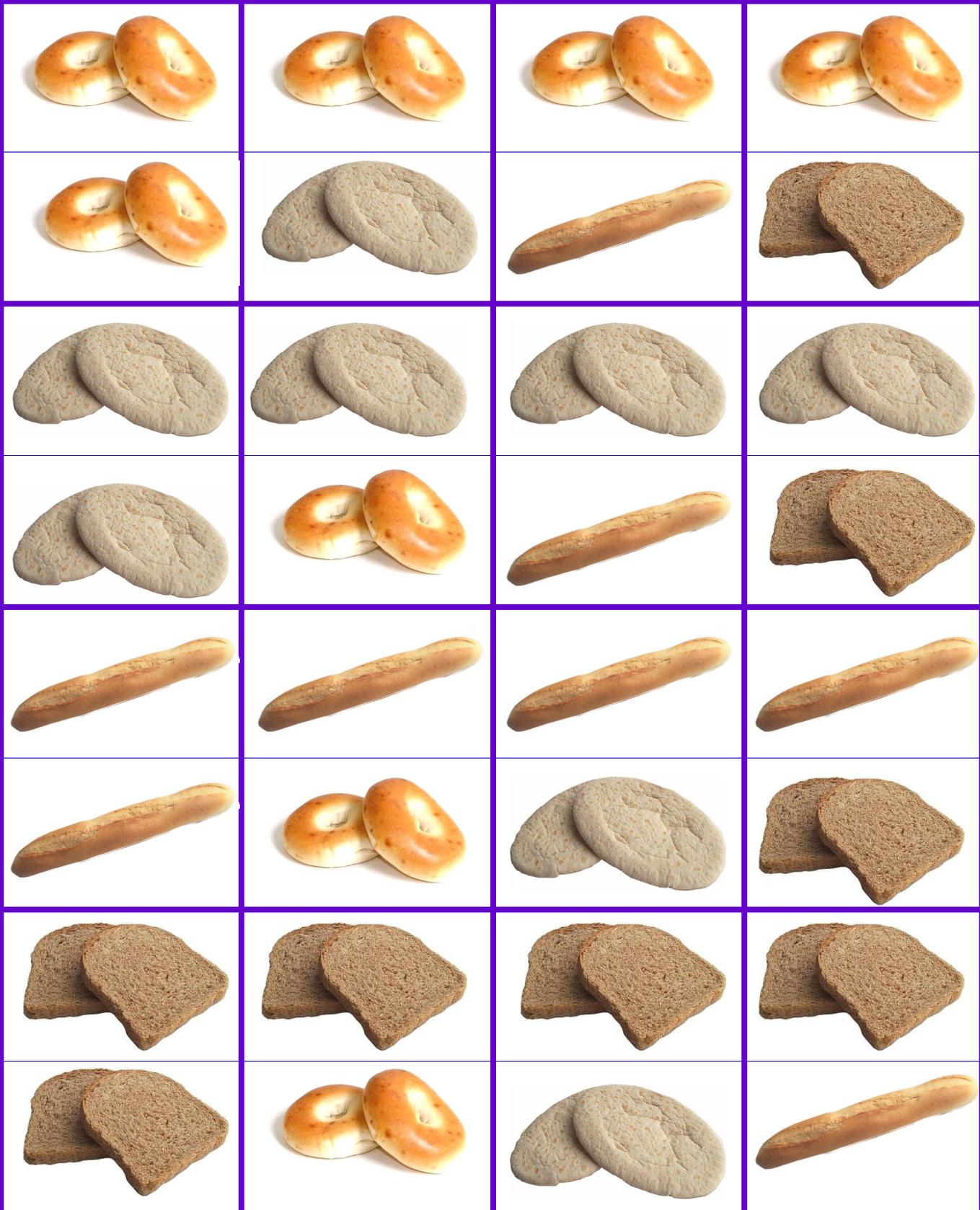
1. Preheat the oven to 220°C or gas mark 7.
2. Sieve together the flour and salt into the mixing bowl.
3. Stir in the yeast.
4. Make a well in the middle of the flour mixture and add the warm water. Note: the water must not be hot. Mix to form a soft dough.
5. Sprinkle a little flour onto a clean work surface and place the dough on the surface.
6. Knead the dough for 10 minutes.
7. Divide the dough into 4 pieces and shape into rolls.
8. Place the rolls on the greased baking tray.
9. Cover the dough and leave to prove for 30 minutes in a warm place, until they double in size.
10. Bake for 10 - 15 minutes until golden brown. **Adults** to use the oven.

## Handy hints

- Why not try adding 25g apple, grated cheese, dried fruit or chopped onion to the flour mixture?
- Decorate your bread with sesame seeds, poppy seeds, grated cheese or diced onion before baking.

Serves 4

Bread dominoes



## At home

Dear parent/carer

We have been learning about bread. We looked at different types from around the world. We made some of our own bread.



Use the recipe below to make some bread at home with your child. Why not get creative and add some of your own ingredients?

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